

SPECIAL EVENTS & TRIPS**ESTATE PLANNING SEMINAR**

presented by Livens Law Firm
Thur, Nov 1
11:30 am ~ 12:30 pm
Fee: Free (SRCE)

FLU and PNEUMONIA SHOTS

Mon, Nov 5
10 am ~ 2 pm
Fee: Free with Medicare Part B
Otherwise: Flu \$20
Pneumonia \$38 (SRCNY)

CHOCTAW CASINO TRIP

Tue, Nov 13
7 am ~ 8 pm
Fee: \$20 (SRCE)

COLLIN ST. BAKERY and RUSSEL STOVER'S CANDY FACTORY TRIP

Thur, Nov 15
7:30 am ~ 3:00 pm
Fee: \$15 (SRCNY)

GRANDBURY PADDLE BOAT CRUISE

Fri, Nov 30
9:30 am ~ 2:00 pm
Fee: \$40 (SRCE)

MEALS AT SRCNY**Breakfast**

Monday ~ Friday
8 ~ 10 am

(You must sign up at least two days in advance.)

Suggested Donation: \$1

Lunch

Monday ~ Friday
11:30 am

(You must sign up at least one day in advance.)

Suggested Donation: \$2

MONDAY**Thanksgiving Feast**

Friday, Nov 16

11:00 am - 1:00 pm

Fee: Free (SRCNY)

"Come and let us serve you"

TUESDAY**NOVEMBER**

MOVIE



November 2, 2007

"Chicago"

WEDNESDAY**THURSDAY****FRIDAY**

5.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch
5:30 **Game Night**

12.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

19.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

26.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

6.
8:30 Balanced Power
8:30 Table Games
10:30 Joyful Singing
11:30 Prime Time Lunch
12:30 Dominos

13.
8:30 Balanced Power
8:30 Table Games
10:30 Joyful Singing
11:30 Prime Time Lunch
12:30 Dominos
3:00 Tuesday Dance
5:00 Supper Club
"Jay Jay's Café"
(Fielder @ Randol Mills)

20.
8:30 Balanced Power
8:30 Table Games
10:30 Joyful Singing
11:30 Prime Time Lunch
12:30 Dominos

27.
8:30 Balanced Power
8:30 Table Games
10:30 Joyful Singing
11:30 Prime Time Lunch
12:30 Dominos

7.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch
12:30 Bridge

14.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch
12:30 Bridge
3:30 Sr. Advisory Board (SRCE)

21.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch
12:30 Bridge

28.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch
12:30 Bridge

1.
8:30 Balanced Power
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
12:30 Texas Hold'em Lessons
2:00 Parkinson's Support

8.
8:30 Balanced Power
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
12:30 Texas Hold'em Lessons
2:00 Parkinson's Support

15.
8:30 Balanced Power
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
12:30 Texas Hold'em Lessons
2:00 Parkinson's Support

22. Closed for Thanksgiving



29.
8:30 Balanced Power
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
12:30 Texas Hold'em Lessons
2:00 Parkinson's Support

2.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:30 Senior Movie
9:45 Tai Chi
11:30 Prime Time Lunch

9.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:30 Food Pantry
11:30 Prime Time Lunch

16.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Super Bingo
11:30 Prime Time Lunch

23. Closed for Thanksgiving



30.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Super Bingo
11:30 Prime Time Lunch
11:30 Sing With Marvin

**N
O
V
E
M
B
E
R

2
0
0
7**

Special Notice

Craft Club Booth is open
Mon 9 am-12 pm
Fri 8:00 am ~ 8:30 pm

Computer Lab is open
8:30 am ~ 5:00 pm
Mon ~ Fri

Events & Trips

ESTATE PLANNING SEMINAR
presented by Livens Law Firm
Thur, Nov 1
11:30 am ~ 12:30 pm
Fee: Free (SRCE)

FLU and PNEUMONIA SHOTS

Mon, Nov 5
10 am ~ 2 pm
Fee: Free with Medicare Part B
Otherwise: Flu \$20
Pneumonia \$38 (SRCNY)

CHOCTAW CASINO TRIP

Tue, Nov 13
7 am ~ 8 pm
Fee: \$20 (SRCE)





**COLLIN ST. BAKERY and RUSSEL
STOVER'S CANDY FACTORY TRIP**
Thur, Nov 15
7:30 am ~ 3:00 pm
Fee: \$15 (SRCNY)

**GRANDBURY PADDLE BOAT
CRUISE**

Fri, Nov 30
9:30 am ~ 2:00 pm
Fee: \$40 (SRCE)

Dance Classes

Country and Western
Dance Lessons
Wed at 2 pm
Ballroom Dance Lessons
Wed at 3 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thanksgiving Feast Friday, Nov 16 11:00 am - 1:00 pm Free (SRCNY)  "Come and let us 		Pneumonia and Flu Shots November 5 10 am - 2 pm For more information contact Senior Recreation Center New	1. 9:30 Exercise 10:30 Pilates 1:00 55 Alive / Senior Men's Golf 5:30 Game Night 7:00 Mel's Round Dance	2. 1:00 55 Alive 1:00 Bridge 7:00 Band Dance Last Call (C&W)
5. 9:00 Yoga / Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Bridge 1:30 Intro to PC 2:00 Kitchen Band 3:15 Internet 101 5:30 Game Night 7:00 Merry Rounders	6. 9:30 Watercolor Club 10:30 Pilates 1:00 Bridge 1:30 Line Dance Lessons	7. 9:00 Yoga 9:45 Exercise 1:00 Oil Painting 1:30 Intro to PC 2:00 C&W Dance Lessons 3:00 Ballroom Lessons 3:15 Internet 101	8. 9:30 Exercise 10:30 Pilates 5:30 Game Night	9. 9:00 Navy Mom's 1:00 Bridge 7:00 Band Dance Gary Lee (BB)
12. 9:00 Yoga / Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Bridge 1:30 Intro to PC 2:00 Kitchen Band 3:15 Internet 101 5:30 Game Night 7:00 Merry Rounders	13. 9:30 Watercolor Club 10:30 Pilates 1:00 Bridge 1:30 Line Dance Lessons 1:30 RSEA Meeting	14. 9:00 Yoga 9:45 Exercise 1:00 Oil Painting 1:30 Intro to PC 2:00 C&W Dance Lessons 3:00 Ballroom Lessons 3:15 Internet 101 3:30 Sr. Advisory Board(SRCE)	15. 9:30 Exercise 10:30 Pilates 2:00 Ole Timer's 5:30 Game Night 7:00 Mel's Round Dance	16. 1:00 Bridge 7:00 Band Dance Star Cast with Tina Turner (C&W / Variety)
19. 9:00 Yoga / Craft Club 9:45 Exercise 10:00 NARFE 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Bridge 1:30 Intro to PC 2:00 Kitchen Band 3:15 Internet 101 5:30 Game Night	20. 9:30 Watercolor Club 10:30 Pilates 1:00 Bridge 1:30 Line Dance Lessons	21. 9:00 Yoga 9:45 Exercise 1:00 Oil Painting 1:30 Intro to PC 2:00 C&W Dance Lessons 3:00 Ballroom Lessons 3:15 Internet 101	22. Closed for Thanksgiving 	23. Closed for Thanksgiving 
26. 9:00 Yoga / Craft Club 9:45 Exercise 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting 1:00 Bridge 1:30 Intro to PC 2:00 Kitchen Band 3:15 Internet 101 5:30 Game Night 7:00 Merry Rounders	27. 9:30 Watercolor Club 10:30 Pilates 1:00 Bridge 1:30 Line Dance Lessons	28. 9:00 Yoga 9:45 Exercise 1:00 Oil Painting 1:30 Intro to PC 2:00 C&W Dance Lessons 3:00 Ballroom Lessons 3:15 Internet 101	29. 9:30 Exercise 10:30 Pilates 1:00 Senior Men's Golf 5:30 Game Night	30. 1:00 Bridge 7:00 Band Dance High Calibur (Variety / C&W)

N
O
V
E
M
B
E
R2
0
0
7